

FALL NEWSLETTER

— 2022 —

Cold & Flu Season is Just Around the Corner So Be Prepared

Looking to prepare yourself and your family for cold and flu season? Here are seven tips to keep you happy and healthy this fall.

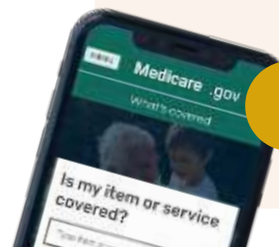
1. Get your flu shot – those that can get the flu shot should. It's one of the best ways to avoid getting sick.
2. Wash your hands often – and when you don't have soap and water, keep hand sanitizer handy.

NEED YOUR FLU SHOT?

Did you know that Medicare covers a lot of preventative services like flu shots and annual wellness exams? With flu season upon us, the Medicare "Whats Covered" app can help you determine if Medicare covers services.

LEARN MORE AT
[MEDICARE.GOV](https://www.Medicare.gov)

3. Clean common/ shared surface areas often – bleach or cleaners with at least 70% alcohol will kill viruses, and don't forget to clean the doorknobs and handles!
4. Don't touch your face – this is the most common way to pick up an illness. Keep your hands away from your eyes, mouth, and nose unless you've washed or sanitized them.
5. Get vitamin D – without the recommended daily dose of vitamin D you'll be compromising your immune system.
6. Eat your vegetables – the more leafy greens, the better.
7. Drink green tea – this has been a secret to good health for many cultures over the centuries. Green tea reduces the risk of heart disease and lowers blood pressure. Enjoy a cup today!



SAVE THE DATE

- Sep 5** Labor Day
- Sep 11** Patriot Day
Honoring 9/11
- Sep 15-21** Medicare
Education Week
- Oct 15** Annual Enrollment
Period Begins
- Oct 30** Halloween
- Nov 3** Election Day
- Nov 11** Veterans Day
- Nov 24** Thanksgiving

MULLED APPLE CIDER

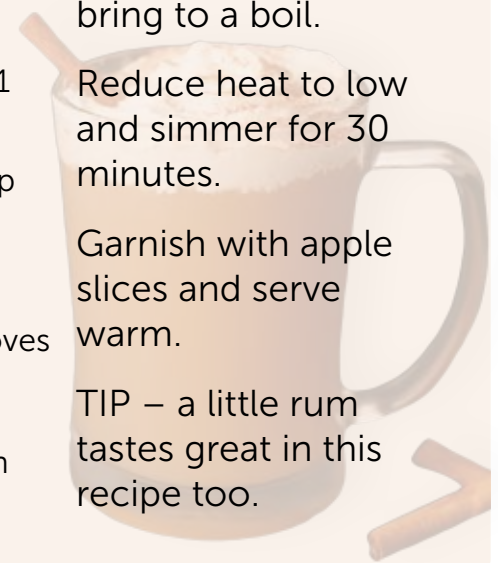
- 6 cups apple juice
- Orange peel from 1 orange
- Lemon peel from 1 lemon
- ½ cup maple syrup
- 8 whole allspice berries
- 1/8 tsp ground cloves
- 1/8 tsp nutmeg
- 4 whole cinnamon sticks

Place all ingredients in a saucepan and bring to a boil.

Reduce heat to low and simmer for 30 minutes.

Garnish with apple slices and serve warm.

TIP – a little rum tastes great in this recipe too.



The Importance of a Living Will

Having a living will can bring piece of mind to you and your loved ones during distressing times. A living will is also called a health care declaration and will help describe the type of medical care you want to receive when you're unable to communicate those preferences.

These 5 basic steps will get you started in creating your living will:

1. Decide on treatment options you're ok with and those you don't want. For example, do you want to avoid being put on a ventilator? Make those wishes known.
2. Consider using the living will form your state offers; this might make the planning a bit easier to digest.
3. Consider getting a medical power of attorney; this allows you to designate a person you trust to make decisions for you when you can't.
4. Draft, sign, and notarize your living will; this needs to be a legal document.
5. Store your living will (and medical POA if you have one) in a place where your family and friends know where to access it.



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